

EPICENTER NEWS

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FREE SCREENINGS NOW AVAILABLE-SEE PAGE 2



Vision Related Learning Problems and the Struggling Student

It is important to understand that "sight" and "vision" are NOT the same. A child can pass a school vision screening and not need glasses but still have poor vision. A child may have clear sight, or the ability to see 20/20 or better, yet may have more serious problems with VISION.

Vision is the BRAIN'S learned process of interpreting and using information from what we see. Vision problems cannot be corrected with glasses alone.

Some Little Known Facts on Vision, Learning and Vision Problems:

- 80% of learning comes from vision.
- An estimated 1 in 4 kids have visual problems or dysfunctions that can adversely affect learning performance.
- Many vision problems are overlooked, not diagnosed or misdiagnosed as some other learning disability.
- 80-90% of juvenile delinquents have been found to have underlying, undiagnosed, serious vision problems contributing to their disruptive behaviors.
- Vision skills are a chief contributing factor to a child's reading abilities.

A developmental optometrist is a specialist in the optometry field who is trained to identify and treat the problems related to vision and learning. A Developmental Optometrist can recognize various problems in the these main areas of vision: eye focusing, eye tracking and movements, eye teaming, as well as visual-perceptual skills and visual- integration skills. Epicenter has been working with a few of these specialists to incorporate this into the child's total therapy program. Please feel free to contact us if you have any further questions.

SPEECH DELAY: HOW TO HELP YOUR 4-5 YEAR-OLD IMPROVE THEIR LANGUAGE SKILLS

What should a 4-5 year-old be able to understand (receptive language)? They should be able to:

Pay attention to a short story and answer simple questions about it

Hear and understand most of what is said at home and in school

What should a 4-5 year old be able to say (expressive language)? They should be able to:

- Make voice sounds clear like other children
- Use sentences that give lots of details (e.g. "I like to read my books")
- Tell stories that stick to topic
- Communicate easily with other children and adults
- Say most sounds correctly (except perhaps certain ones such as l, s, r, v, z, ch, sh, th)

UPCOMING CLASSES AND EVENTS

FREE PT, OT and SPEECH SCREENINGS

If you know of a child or have any concerns about your own child regarding gross motor, fine motor or language skills, Epicenter Therapy Services now offers free initial screenings for physical therapy, occupational therapy and speech therapy. Please call for an appointment.

HOME VISITS

Although we believe the clinical setting offers the best situation for therapy, we understand that some children and families have situations that make coming in to the office difficult. Home visits for therapy are available upon request.

GROSS MOTOR GROUP

Next Gross Motor Group is scheduled to start Wednesday, April 16th.



Shopping for Healthy Foods: Dos & Don'ts



DO read nutrition labels. Tip: Any food called "healthy" must contain at least 10% of the daily values per serving for several important nutrients (in addition to being very low in trans fat, saturated fat, sodium and cholesterol).



DON'T forget fiber's finest. Load up on whole-grain breads, rolls and cereals, as well as brown rice and dried beans. When shopping, look for the word "whole" at the top of the package ingredients list.



DO pick the greenest. When buying salad greens, select those deepest in color- dark greens and reds. *Why:* the dark color means higher concentrations of antioxidant vitamins A, C, and E, folic acid, calcium and other nutrients.



DON'T dismiss frozen produce. Some frozen fruits and vegetables contain as many nutrients as fresh produce—sometimes more! One study found frozen green beans had about twice the vitamin C as fresh beans that sat on display and in a refrigerator for nearly a week.



DO select TV dinners carefully. Choose frozen meals that contain less than 10 grams of fat and the least amount of sodium and cholesterol.



DON'T pass up pasta. It's high in protein and contains B vitamins and iron.



DO: Avoid shopping on an empty stomach; choose fruit "juices" instead of "drinks"; buy skinless poultry; remember that a standard serving of meat or fish should be the size of a deck of cards!

SPEECH DELAY (CONT.)

What can you do to help?

- Talk about spatial relationships (first, middle, last; right and left) and opposites (up and down, big and little)
- Offer a description or clues and have your child identify what you are describing
- Work on forming and explaining categories (fruit, furniture, shapes)
- Follow your child's directions as she or he explains how to do something
- Give full attention to your child when he or she is speaking, and acknowledge, praise and encourage him or her afterward. Before you speak to your child, be sure to get his or her undivided attention. Pause after speaking, allowing him or her to respond to what you have said.
- Build on your child's vocabulary. Provide definitions for new words, and use them in context: "The vehicle is riding on the highway. It is a car. A bus is another kind of vehicle. So are a train and an airplane."
- Encourage your child to ask for an explanation if he or she does not understand what a word means.

(Information gathered from the American Speech-Language-Hearing Association website: www.asha.org).

International Seating Symposium

Sheri Simkins has just returned from the International Seating Symposium, where a study she co-authored was presented. This study was an integral part in the development of the KIDS ROCK chair, and the FAST stroller, both dynamic seating systems manufactured by Kids Up, Inc., in Belgrade.

Allowing movement in a wheelchair or stroller seating system has proven to be beneficial for both high tone and low tone children. Use of these systems has been shown to increase strength, range of motion, and movement control. Other benefits are better toleration of positioning for longer periods of time, improved speech and socialization skills, and improved sleep at night.

Epicenter will be incorporating other new equipment products such as walkers, standers, and seating components into what is available to our clientele as well. Please log onto www.kidsupco.com for more information on dynamic seating.

OUR GOAL IS TO PROVIDE THE BEST FOR THE CHILDREN WHO NEED THE MOST